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Cabbage & Noodles (Cabbage and Noodles)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	375.0 °F	63 °C	Roast	1/2 Cup	ⓘ Contains: AllergenMilk; AllergenEggs; AllergenWheat; Pork & Products; Onion; AllergenSoy; Garlic; Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	44 g	9 g	3.5 g	40 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Garlic, Powder	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.	
	Salt, Iodized	1/2 tsp	1 1/8 tsp	2 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp		
	Onion, Yellow	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz		Chopped
	Cabbage, Green Whole Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Chopped	
3	Noodles, Egg Dry	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Prepared	Cook cabbage

Cabbage & Noodles (Cabbage and Noodles)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Margarine, Solids Salted	1 Tbsp 1 tsp	2 Tbsp 3 tsp	1/3 Cup	3/4 Cup		
4							Cook noodles per separate recipe. Drain and mix with butter. Combine with cooked cabbage.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Discard unused product.

Fish Cod Parmesan Bkd (Parmesan Baked Cod)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	375.0 °F	63 °C	Bake	3 Oz	ⓘ Contains: AllergenMilk; AllergenFish; AllergenSoy; AllergenWheat; Citrus; AllergenSesame; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	8 g	21 g	5 g	170 mg	290 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Bread Crumbs, Plain	3/4 Cup	2 Cup	1 Qt	2 Qt	Combine bread crumbs, parmesan cheese and thyme.
	Cheese, Parmesan Grated/Shredded	3 Oz	8 Oz	1 lb	2 lb	
	Thyme, Ground	1 1/8 tsp	3 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	
3	Fish, Cod Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Dip fillets in milk and then in crumb mixture. Arrange on well greased baking pan.
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt	
4	Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted Combine melted margarine and lemon juice. Drizzle over fillets.

Fish Cod Parmesan Bkd (Parmesan Baked Cod)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Juice, Lemon Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
5							Bake in 375F/190C oven for 20 minutes.
6							Fish: Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10							Discard unused product.

Fruit Salad 24 Hour (24 Hour Fruit Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	ⓘ Contains: AllergenEggs; Cherry; Pear; Pineapple; Peach; Citrus; AllergenSulphites; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	18 g	1 g	7 g	20 mg	70 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Pineapple, Chunks JcPk	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Drained	Thoroughly drain pineapple, oranges & fruit cocktail. Fruit should be chilled before continuing preparation.
	Orange, Mandarin JcPk	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Drained	
	Fruit Cocktail, Cnd JcPk	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Drained	
3	Topping, Whip Non-Dairy	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt		CCP -- Maintain <40F/4C (FDA)
	Mayonnaise, Bulk	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup		
4	Juice, Lemon Bulk	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		Combine mayonnaise, lemon juice & whipped topping.

Fruit Salad 24 Hour (24 Hour Fruit Salad)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Marshmallows, Mini	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Separated	Fold chilled, drained fruit & mini marshmallows into dressing mixture. Pour fruit salad into a 12x20x2 steamtable pan & cover. Let stand in refrigerator for 24 hours.
	Lettuce, Green Leaf	13 Oz	2 lb	4 lb	8 lb		
6							CCP -- Maintain <40F/4C (FDA)
7							Wash & drain lettuce. Separate into leaves.
8							Portion 1/2 cup of fruit salad on 1 lettuce leaf per serving.
9							Discard unused product.

Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	0 g	0 g	2.5 g	0 mg	30 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C (FDA)
4					Discard unused product.

Milk 2% Bulk L & D 8 flz (2% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	8 g	5 g	290 mg	115 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 2% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk into sanitary drinking cups.
3					CCP -- Maintain <40F/4C (FDA)
4					Discard unused product.

Regular (RG7): • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Sample size is not restricted at Level 7. • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones • Includes 'dual consistency' or 'mixed consistency' foods and liquids Note: This recipe is for Level 7 Regular Texture only and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Roll Wheat f/RTB Dough (Wheat Dinner Roll)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	1 each	ⓘ Contains: AllergenWheat; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	4 g	2 g	50 mg	220 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3 Roll Dough, Whole Wheat	10 each	25 each	50 each	100 each	Place rolls 2 inches apart on baking sheet and bake at 350F/177C until golden brown.
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5					CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Maintain <40F/4C (FDA)

Roll Wheat f/RTB Dough (Wheat Dinner Roll)



EC7



RG7

Regular Easy to Chew (EC7): • Normal everyday foods of soft/tender texture that are developmentally & age appropriate • Any method may be used to eat these foods • Sample size is not restricted at Level 7 • Doesn't include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones • May include 'dual consistency'/'mixed consistency' foods & liquids if also safe for Level 0, at clinician discretion. If unsafe for Level 0 Thin, liquid portion can be thickened to clinician's recommended thickness level Note: This recipe is for Level 7 Regular Easy To Chew and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, holding time.

Regular (RG7): • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Sample size is not restricted at Level 7. • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones • Includes 'dual consistency' or 'mixed consistency' foods and liquids Note: This recipe is for Level 7 Regular Texture only and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Steamed Carrots (Steamed Carrots)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	ⓘ Contains: Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	1 g	0 g	40 mg	90 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Carrots, Orange Whole Fresh	2 lb 13 Oz	7 lb	14 lb 1 Oz	28 lb 2 Oz	Peel and slice the carrots into 1/4-inch slices on the bias (diagonally).Place about 1 inch of water in a pot or saucepan. If using a steamer basket without a handle, add it to the pot now: the water surface should be right under the basket. Bring the water to a boil.
3						Once boiling, add the carrots (in the steamer basket, if it has a handle). Steam with the lid on until just tender, about 4 to 5 minutes. Taste test with a fork to assess doneness.
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.